

# TANN HEIMER TAL\*

## Hiking in the Tannheimer Tal

With the panoramic Allgäu Alps right on its doorstep, the Tannheimer Tal in northern Tyrol offers a wide range of enjoyable hiking tours. Hikes through the high valley at an altitude of around 1,100 metres, passing mountain lakes, panoramic high-altitude trails, themed trails, attractions such as the largest summit book in the Alps, as well as 31 alpine pastures and mountain huts await mountain enthusiasts.

Across three different levels, hikers can choose from leisurely walks to alpine ascents and easy climbing routes.

## An Alpine Pasture Is Not a Petting Zoo

### The 10 Golden Rules for Encounters with Grazing Animals

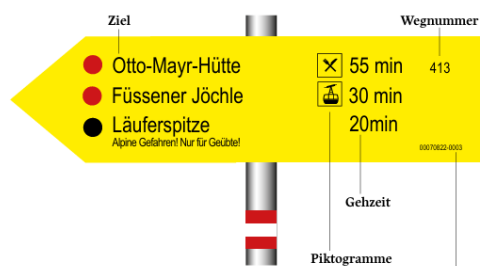
1. Avoid contact with grazing livestock. Do not feed the animals and keep a safe distance.
2. Remain calm and do not startle the animals.
3. Cows protect their calves. Avoid encounters between cows with calves and dogs.
4. Always keep dogs under control and on a short lead. If an attack by a grazing animal appears imminent, let the dog off the lead immediately.
5. Do not leave marked hiking trails on alpine pastures and grazing land.
6. If grazing animals are blocking the path, walk around them while keeping as much distance as possible.
7. If grazing animals approach, remain calm, do not turn your back on them and move out of their way.
8. At the first signs of unrest among the animals, leave the grazing area quickly.
9. Respect fences. Use gates where available, close them securely afterwards and cross the grazing area without delay.
10. Treat the people working here, nature and the animals with respect.

### Bergwege-Gütesiegel (Mountain Trail Quality Seal)

This quality seal is awarded for the correct classification of trail difficulty, the safeguarding of hazardous sections, standardised trail markings and corresponding signposts, as well as



comprehensive information for hikers at the starting points.



**Schildnummer**, kann bei einer Notfallmeldung durchgegeben werden um den Unfallort zu lokalisieren.

### Schilderbeschreibung (Sign Description)

Hiking trails are identified by numbers, which can be found on the trail signs and in the relevant maps.

#### Schildnummer (Sign Number)

In the event of an emergency, the sign number can be provided to help locate the accident site.

Bergweg – mittelschwierig (Mountain Trail – Moderate)

Bergweg – schwierig (Mountain Trail – Difficult)

### Bodenmarkierung (Trail Marking)

These markings can be found at regular intervals, painted on rocks, objects or trees. They indicate that you are still following the designated hiking trail.

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Please note that most of the routes described as “suitable for pushchairs” are forest tracks or gravel paths and may include uphill sections. We recommend all-terrain pushchairs with pneumatic tyres.



Suitable for pushchairs



Partly suitable for pushchairs

## Easy Hikes

### Tannheimer Tal Circular Trail – Route No. 1



From Tannheim, head eastwards through the valley on the path above the main road towards Haldensee, approx. 1 hour.

Continue along the southern shore of Lake Haldensee, past the Nesselwängler Schmitte and onwards to shortly before the Rauth junction, approx. 1½ hours.

At the underpass beneath the cycle and hiking path, the circular trail leads back to Nesselwängle on the upper path, approx. ½ hour. Continue to Haller, approx. ½ hour, and then along the northern shore of Lake Haldensee to Grän, approx. 1 hour.

From here, follow the sunny high-level trail through Berg to Zöblen, approx. 1½ hours. Continue via Kappl towards the Kalbelehofalpe and into the Vils Valley.

Follow the River Vils past the large panoramic information board. According to the signpost, go back approx. 100 metres, cross the River Vils using the two large wooden bridges and then climb steeply for around 100 vertical metres on the other side to Rehbach. This section is NOT suitable for pushchairs. **Walking time: approx. 2 hours.**

From Rehbach, first follow the paved road and then the meadow path to the reservoir. Continue to Schattwald and Zöblen-Katzensteig, then cross the Rohnen meadows, passing Lake Höfersee, and return to Tannheim, approx. 2½ hours.

**Total walking time: approx. 10½ hours**

### Rehbach (1.072 m)

Starting in Schattwald, follow the paved access road towards Rehbach, approx. 1 hour. Return via Meadow Circular Trail No. 1 to the reservoir and back to Schattwald, approx. 1 hour.

**Walking time: approx. 2 hours**

### Stuibenalpe (1.359 m)



Starting from the lift car park in Schattwald, follow the Stuibenbach stream to the Untere Stuibenalpe, where there is no mountain hut, on Trail No. 75. Continue to the Stuibenalpe on Forest Road No. 74, approx. 1 hour.

Descend to Schattwald on Forest Road No. 74, approx. 1 hour, or take Forest Road No. 71 to Zöblen, approx. 1½ hours.

**Walking time: approx. 2 to 2½ hours**

Starting in Zöblen, follow Forest Road No. 71 towards the Stuibenalpe as far as the beginning of the Pontental Valley. Follow the signs and continue on the forest road, approx. 2 hours. Return along the same route.

**Walking time: approx. 3½ hours**

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## Kalbelehofalpe (967 m)



Starting in Schattwald-Kappl, follow Circular Trail No. 1 towards the Kalbelehofalpe in the Vils Valley, approx. 1 hour. At the large panoramic information board, follow the signs onto Trail E4 and continue to the Kalbelehofalpe, approx. ¼ hour.

Return along the same route to the large panoramic information board. Continue for approx. 100 metres, cross the River Vils using the two bridges and climb steeply for around 100 vertical metres on the other side to Rehbach. This section is NOT suitable for pushchairs, approx. ½ hour.

From Rehbach, first follow the paved road and then Meadow Circular Trail No. 1 to the reservoir and onwards to Schattwald, approx. 1 hour.

**Walking time: approx. 2¾ hours**

## Zugspitzblick (1.304 m)



Starting in Schattwald-Kappl, follow Forest Roads No. 81 and 82 to Zugspitzblick, approx. 2 hours. Descend along the access road to Zöblen and return to Schattwald on Circular Trail No. 1, approx. 1 hour.

**Walking time: approx. 3 hours**

From the centre of Zöblen, follow the access road to Zugspitzblick. **Walking time: approx. ¾ hour**

## Gundhütte (1.748 m)



Starting in Tannheim, take the 8-seater gondola to the Neunerköpfe mountain station and continue to the Gundhütte.

**Walking time: approx. 5 minutes**

## Hubertushütte (1.554 m)

Starting in Tannheim, ascend via Schmieden on Trail No. 30a towards the Usseralpe. After approx. ¾ hour, follow the signs to the left towards the Hubertushütte. The hut is reached after a further approx. ¾ hour on the hiking trail.

Return along the same route, approx. 1 hour.

**Walking time: approx. 2½ hours**

## Usseralpe (1.664 m)



Starting in Tannheim, take the 8-seater gondola to the Neunerköpfe mountain station.

From the Gundhütte, follow Trail No. 33 to the Usseralpe, approx. ½ hour. Return to the mountain station on Trail No. 33, approx. ¾ hour, and take the gondola back down to Tannheim.

**Walking time: approx. 1¼ hours**



Alternatively, starting in Tannheim, ascend via Schmieden on Trail No. 30a to the Usseralpe, approx. 1¾ hours. Return along the same route via Schmieden to Tannheim, approx. 1 hour.

**Walking time: approx. 2¾ hours**

Another descent option from the Usseralpe is to follow Trail No. 30 uphill for approx. ½ hour to the saddle. Continue to the Obere Strindenalpe on Trails No. 30 and 31, approx. ½ hour, then descend to the Edenbachalpe on Trail No. 421 and continue to Haldensee, approx. 2 hours.

From there, follow the circular trail back to the gondola valley station, approx. 1 hour, or take the hiking bus from Haldensee back to Tannheim.

**Walking time: approx. 3–4 hours**

## Höfersee (1.192 m)



Starting in Tannheim, follow Circular Trail No. 1 towards Neu-Kienzen and Wiesle to Lake Höfersee, approx. ¾ hour. Continue along the circular trail to Zöblen, approx. ¾ hour, then return via the high-level trail through Kienzerle and Berg to Tannheim, approx. 1 hour.

**Walking time: approx. 2½ hours**

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## Lohmoos Circular Trail (1.523 m)



Starting from the car park in Tannheim-Berg, head towards Lohmoos and continue to Zugspitzblick on Forest Roads No. 81 and 82, approx. 2 hours. Descend along the access road to Zöblen, approx. ½ hour, and return to Tannheim on Circular Trail No. 1, approx. ¾ hour. Alternatively, take the hiking bus back to Tannheim. **Walking time: approx. 3¼ hours**

## Älpele (1.526 m)



Starting in Tannheim, head towards Neu-Kienzen and Wiesle. At the trail junction, follow Forest Road No. 59 to Älpele, approx. 1½ hours. Return along the same route. **Walking time: approx. 3 hours**

## Vilsalpsee (1.165 m)



Starting in Tannheim, follow the road to Vilsalpsee (Lake), which is closed to general traffic in both directions from 8:00 a.m. to 5:00 p.m., or take the forest path, approx. 1 hour. From the Gasthaus Vilsalpsee, follow the right-hand shore of Vilsalpsee (Lake) to the Vilsalpe, approx. ½ hour. From the Vilsalpe (1,178 m), you can continue to the waterfall at the head of the valley on Circular Trail No. 55, approx. 1 hour. Return to the Gasthaus Vilsalpsee along the same route. From Vilsalpsee (Lake), you can return to Tannheim by bus, which is subject to a charge even with a guest card, by the Tannheimer Alpen-Express, which is also subject to a charge, or by horse-drawn carriage, available by advance booking only.

Please note: The left-hand shore of Vilsalpsee (Lake) is closed due to the risk of falling rocks. It is not possible to walk around the lake. **Walking time: approx. 4 hours**

## Neunerköpfle (1.862 m)



Starting in Tannheim-Schmieden, ascend towards the Usseralpe on Forest Road No. 30a and continue to the Neunerköpfle on Trail No. 33, approx. 2½ hours.

Alternatively, take the 8-seater gondola to the Neunerköpfle mountain station and walk to the summit, approx. 20 minutes.

Descend either via the Usseralpe to Tannheim or via the Strindenalpe and Edenbachalpe to Haldensee. The latter route is NOT suitable for pushchairs.

The descent takes approx. 2 hours in each case. **Walking time: approx. 4½ hours**

## Vater Unser Weg (Lord's Prayer Trail)



Starting at St Michael's Chapel in Lumberg, near the campsite, follow Trail No. 1 towards Tannheim. Hofrat Dr Walter Besler artistically depicted the "Eight Petitions of the Lord's Prayer" on fibre-cement panels.

Return to Grän via the high-level trail. **Walking time: approx. 1 hour**

## Edenbachalpe (1.405 m)



From Haldensee, follow Forest Road No. 421 to the Edenbachalpe, approx. 1 hour. Return to Haldensee along the same route, approx. 1 hour. **Walking time: approx. 2 hours**

## Adlerhorst (1.350 m)

Starting in Grän, above the Burgschenke, follow Trail No. 7, which joins a forest road leading to the Adlerhorst, approx. 1½ hours.

Descend to Haller, approx. ¾ hour, and follow the lakeside promenade along Lake Haldensee to the village of Haldensee. Continue across pastureland back to the Burgschenke in Grän, the starting point. **Walking time: approx. 3½ hours**

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## Adlerhorst (1.350 m)



Starting in Nesselwängle, follow the panoramic trail to the Adlerhorst, approx. 1½ hours.  
Descend along the forest road to Haller and return to Nesselwängle, approx. 1½ hours.

**Walking time: approx. 2½ to 3 hours**



Starting in Haller, follow Trail No. 413 to the Adlerhorst, approx. 1 hour. Return along the same route.

**Walking time: approx. 1½ hours**

## Alte Salzstraße (Old Salt Road)



Starting in Nesselwängle, after passing through the underpass beneath the cycle and hiking path near the Schneetal parking lot, follow the trail towards Gaicht (1,117 m) and the Gaicht Pass.

Cross the main road and follow the cycle and hiking path down through the picturesque Gacht Gorge to Weißenbach (887 m), approx. 1½ hours.

Return along the same route, approx. 2 hours, or take the public bus back to the Rauth bus stop.

Information boards along the route explain the history of the old salt road.

**Walking time: approx. 3½ hours**

## Drei-Hütten.Tour (Three-Hut Tour)

### Krinnenalpe (1.527 m) – Nesselwängler Edenalpe (1.672 m) – Gräner Ödenalpe (1.711 m)



The tour starts at the Krinnenalpe car park in Nesselwängle. Follow Forest Road No. 816 uphill to the Krinnenalpe, approx. 1½ hours.

Continue to the Nesselwängler Edenalpe and then follow Alpenrosen Trail No. 14 and Trail No. 16 to the Gräner Ödenalpe, approx. 1½ hours. Overnight accommodation is available at all three alpine huts.

Descend towards Rauth via Enzian Trail No. 23, approx. 2 hours. This trail is **not suitable for pushchairs**. Follow Trail No. 13 back to the Krinnenalpe car park, approx. 1 hour.

**Walking time: approx. 6½ hours**

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## Themen Wege (Themed Trails)

### Auf dem Schmugglersteig vom Wannenjoch zum Iseler (Along the Smugglers' Trail from Wannenjoch to Iseler)

The "secret trail" between Wannenjoch and Iseler was once used to smuggle salt and many other sought-after goods into the neighbouring Allgäu region. On the return journey, the smugglers' rucksacks were always well filled with all kinds of merchandise.

Even today, the route remains secluded and wonderfully unspoilt. Depending on your pace, it takes around 2½ to 3 hours to complete.

After taking the 3-seater Wannenjoch chairlift from Schattwald, the trail begins directly at the mountain station. It crosses the Tyrolean border and continues to the mountain station of the Iseler cable car. Along the way, a number of exciting "Allgäu border experiences" await.

After descending to nearby Oberjoch, you can take the hiking bus back to the Tannheimer Tal.

**Walking time: approx. 3 hours**

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## Sonnenpanoramahut (Sun Panorama Hat) (1.831 m)



Take the 8-seater gondola comfortably up to the Füssener Jöchle. From the mountain station, an easy hiking trail leads to the spectacular Sonnenpanoramahut viewpoint in approx. ¼ hour.

The oak structure rotates like a carousel. Sitting on the brim of the hat, visitors can enjoy magnificent panoramic views across the Tannheimer Tal and the Allgäu region. It is the largest rotating hiking hat in the Alps.

**Walking time: approx. ½ hour**

## Gamskopf mit Panoramainformator (Gamskopf with Panoramic Information Display) (1.890 m)

Continue along the trail for a few minutes to reach the summit of the Gamskopf. On clear days, a spectacular mountain panorama and exceptional long-distance views await.

A panoramic information display identifies the surrounding mountains and provides an overview of the peaks visible from the summit. The trail to the Gamskopf is also prepared and accessible in winter.

**Walking time: approx. 1 hour**

## GEOpfad am Füssener Jöchle (GEO Trail at Füssener Jöchle) (1,825 m)

A thin crust of solid rock, with a glowing-hot layer beneath it, on which enormous plates the size of continents drift more slowly than snails. When these vast plates gradually collide, mighty mountain ranges such as the Alps are pushed upwards.

The GEO Trail at Füssener Jöchle tells the story of how this happened and what traces of these geological processes can still be seen today.

The GEO Trail comprises the following sections:

### Buchstabenweg (Letter Trail) (1.054 m)



The trail starts at the Jungholz lift car park. The individual letters of the village name are displayed at various locations throughout the village. A wide variety of materials were used to create the letters, reflecting the individual styles of the artists.

For a detailed map, please refer to the village map and the Buchstabenweg flyer.

**Walking time: approx. 1½ hours**

## 9er-lebnisweg und größtes Gipfelbuch der Alpen (9er Experience Trail and the Largest Summit Book in the Alps) (1.862 m)



The trail starts at the mountain station of the 8-seater gondola at Neunerköpfe in Tannheim.

Eleven stations provide information about the diverse natural environment and the surrounding mountain landscape. A special highlight of the trail is the largest summit book in the Alps. Measuring 3 metres in height and 2.3 metres in width on each side, it invites hikers to leave their own personal message. On the back, visitors can also discover interesting facts about the origins of summit books as well as humorous entries.

The trail is accessible in all weather conditions, and weekly guided tours offer additional insights.

**Walking time: approx. 1½ hours**

The hike can be extended by following Trail No. 33 from the mountain station to the Usseralpe.

Directly behind the Usseralpe, Trail No. 30a climbs steeply uphill and leads back to the 9er Experience Trail.

**Walking time: approx. 2½ hours**

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**Grenzgänger (Cross-Border Trail)**

The Grenzgänger is an alpine multi-day hiking tour through the heart of the Allgäu Alps. Its defining feature is the repeated crossing of the Austrian–German border between the Tannheimer Tal, Hintersteiner Tal and Lechtal.

**Etappe 1 (Stage 1) – Distance: 8.5 km, duration: 7 hours**

Bscheisser, Ponten, Zirleseck and Willersalpe, followed by the descent to Hinterstein

**Etappe 2 (Stage 2) – Distance: 11.5 km, duration: 7 hours**

Geißeckjoch, Schrecksee and Landsberger Hütte

**Etappe 3 (Stage 3) – Distance: 12.3 km, duration: 6 hours**

Along the Jubiläumsweg trail to the Prinz-Luitpold-Haus

**Etappe 4 (Stage 4) – Distance: 15.4 km, duration: 7½ hours**

Himmelecksattel, Hornbachjoch and Hinterhornbach

**Etappe 5 (Stage 5) – Distance: 13.8 km, duration: 7½ hours**

Hinterhornbach, Hochvogel and Hintersteiner Tal

**Etappe 6 (Stage 6) – Distance: 13.6 km, duration: 7 hours**

Zipfelsfälle, Iseler, Kühgundkopf and Wannenjoch

Further information is available at [www.grenzgaenger-wandern.com](http://www.grenzgaenger-wandern.com).

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## Mittlere Wanderungen (Moderate Hikes)

**Zipfelsalpe (1.534 m)**

Starting in Schattwald, take the 3-seater Wannenjoch chairlift to the mountain station. Ascend towards Wannenjoch and continue to the Zipfelsalpe on Trails No. 75a and 75, approx. 1 hour. Return via the Stuibenalpe, then follow Trail No. 75 along the Stuibenbach stream to Schattwald, approx. 2 hours.

**Walking time: approx. 3 hours**

**Wannenjochstadl (1.565 m)**

Starting from the lift car park in Schattwald, follow Trail No. 75 along the Stuibenbach stream towards Stube 15.60. At the Unterer Stuiben, where there is no hut, turn right onto the forest road. The final section follows a footpath to Stube 15.60, located directly beside the Wannenjoch mountain station, approx. 1¼ hours.

Return along the same route, approx. 1½ hours, or take the 3-seater chairlift down to Schattwald.

**Walking time: approx. 3¼ hours**

**Schönkahler (1.688 m)**

Starting in Zöblen, follow the access road to Obere Halde and the Zugspitzblick inn. Continue to the Schönkahler on Trail No. 82, approx. 2½ hours. Return to Zöblen along the same route.

**Walking time: approx. 4½ hours**

**Wannenjoch (1.852 m) – Iseler (1.876 m)**

From the Wannenjochbahn mountain station, ascend to the summit of Wannenjoch on Trails No. 75a and 75, approx. 1 hour. Continue along the ridge to the Iseler.

**Please note: A head for heights and sure-footedness are essential.**

Follow Trail No. 76, approx. 1 hour, then descend towards the Zipfelsalpe on Trail No. 45b, approx. ¾ hour. Continue to the Stuibenalpe and follow Trail No. 75 along the Stuibenbach stream to Schattwald, approx. 2 hours.

**Walking time: approx. 4¾ hours**

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**Zirleseck (1.872 m)**

Starting in Zöblen-Katzensteig, head towards the Pontental and continue to the Zirleseck on Trails No. 61 and 71, approx. 2½ hours.

Descend to Älpele on Trails No. 59a and 59 and continue to Tannheim, approx. 2 hours. Return to Zöblen on Circular Trail No. 1, approx. 1 hour.

**Walking time: approx. 5½ hours**

**Sulzspitze (2.084 m)**

Starting at Lake Vilsalpsee, ascend towards the Gappenfeldalm on Trail No. 34, approx. 1½ hours. Continue via the Gappenfeldscharte to the Sulzspitze on Trail No. 421b, approx. ¾ hour. Return along the same route.

**Walking time: approx. 3½ hours**

**Schochenspitze (2.069 m)**

Ascend to the Landsberger Hütte (see page 24). From there, follow Trail No. 421 to the Schochenspitze. Descend to Lake Vilsalpsee on the same trail.

**Walking time: approx. 3½ hours**

**Gappenfeldalm (1.830 m)**

Starting in Tannheim, take the 8-seater gondola to the Neunerköpfle. Follow Trails No. 31 and 30 to the Strindenscharte and continue along the Saalfelder Höhenweg, Trail No. 421, to the Gappenfeldalm, approx. 1½ hours.

Descend steeply on Trail No. 34. Return to Tannheim along the Vilsalpsee road, approx. 2 hours.

**Walking time: approx. 3½ hours**

Alternatively, descend from the Gappenfeldalm to Haldensee on Forest Road No. 421, approx. 2½ hours.

**Walking time: approx. 4 hours**

**Obere Traualpe (Upper Traualpe) (1.649 m)**

Starting at the Gasthaus Vilsalpsee, follow the path along the left-hand shore of the lake to the Untere Traualpe, where there is no hut, approx. ¼ hour.

Ascend to Lake Traualpsee and the Obere Traualpe on Trail No. 425, approx. 1½ hours. Descend to Lake Vilsalpsee along the same route, approx. 1¼ hours.

**Walking time: approx. 3 hours**

**Einstein (1.866 m)**

Starting in Tannheim-Berg, follow Trails No. 84 and 84a to the Einstein, approx. 2 hours. Return to Tannheim along the same route, approx. 1½ hours.

**Walking time: approx. 3½ hours**

Starting in Zöblen, walk to the Gasthaus Zugspitzblick, approx. ¾ hour. Continue via Lohmoos on Trails No. 81, 82, 83 and 84 to the Einstein, approx. 2 hours.

Descend on Trail No. 84 to the Berg district of Tannheim, approx. 1½ hours. Return to Zöblen via the high-level trail, approx. 1 hour, or take the bus.

**Walking time: approx. 5 hours**

**Obere Rossalpe (Upper Rossalpe) (1.685 m)**

Starting at Lake Vilsalpsee, head towards the Obere Rossalpe and continue to the Feldalpe, where there is no hut, on Trail No. 59, approx. 2½ hours.

Alternatively, start at the shooting range/sports ground in Tannheim and ascend via the Untere Rossalpe, which is not staffed, on Trails No. 60 and 59 to the Obere Rossalpe. Continue uphill to the Feldalpe, where there is no hut, approx. 2½ hours.

Descend via Älpele on Trail No. 59 to Tannheim, approx. 2 hours.

**Walking time: approx. 4½ hours**

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**Landsberger Hütte (1.805 m)**

Starting in Tannheim, take the 8-seater gondola to the mountain station. Follow Trails No. 31 and 30 towards the Obere Strindenalpe, then continue along the Saalfelder Höhenweg, Trail No. 421, past the Gappenfeldalm towards the Schochenspitze. A short detour to the summit is possible on Trail No. 421, approx. ¼ hour.

Continue to the Landsberger Hütte, where overnight accommodation is available, approx. 3 hours. Descend to Lake Traualpsee via an exposed section secured with cables, then continue to the Obere Traualpe on Trail No. 425 and onwards to Lake Vilsalpsee, approx. 2 hours.

From Lake Vilsalpsee, return to Tannheim on foot, approx. 1 hour. Alternatively, take the bus, which is subject to a charge even with a guest card, or the Tannheimer Alpenexpress, which is also subject to a charge.

**Walking time: approx. 5½–6 hours**

**Gessenwangalm (1.581 m) – Füssener Jöchle (1.818 m) – Sonnenalm (1.818 m)**

Starting at the Burgschenke in Grän, follow Trail No. 7 towards the Adlerhorst and continue to the Gessenwangalm, where there is no hut, on Trail No. 413, approx. 1½ hours.

Continue to the Füssener Jöchle and Sonnenalm on Trails No. 413 and 413a, approx. 1 hour. Take the 8-seater gondola down to Grän.

**Walking time: approx. 2½ hours**

**Große Schlicke (2.059 m)**

Starting in Grän, take the 8-seater gondola to the Füssener Jöchle. Continue via the Raintaler Joch and Vilser Scharte to the Große Schlicke, approx. 1½ hours.

Return to the Füssener Jöchle along the same route.

**Walking time: approx. 2½ hours**

**Sebenalm (1.650 m)**

Starting in Grän, take the 8-seater gondola to the Füssener Jöchle and Sonnenalm. Continue to the Sebenalm, where there is no hut, along the Gräner Höhenweg, Trail No. 414, approx. 1¼ hours.

Descend into the Enge valley on Trails No. 40 and 411, approx. 1½ hours. Return to Grän via Lumberg, approx. ½ hour.

**Walking time: approx. 3½ hours**

**Edenbachalpe (1.405 m) – Obere Strindenalpe (1.682 m) – Usseralpe (1.664 m)**

Starting in Haldensee, ascend via the Edenbachalpe towards the Obere Strindenalpe on the Saalfelder Höhenweg and Forest Road No. 421, approx. 2½ hours.

Descend via the Usseralpe on Trail No. 30 and continue on Forest Road No. 30a to Tannheim, approx. 2½ hours.

Alternatively, follow Trail No. 33 to the Neunerköpfle mountain station, approx. 1 hour, and take the gondola down to Tannheim.

**Walking time: approx. 5 hours**

**Füssener Hütte (1.550 m) – Otto-Mayr-Hütte (1.530 m)**

Starting in Grän, take the 8-seater gondola to the Füssener Jöchle and Sonnenalm. Continue to the Raintaler Joch and descend to either the Füssener Hütte or the Otto-Mayr-Hütte, approx. 1½ hours. Overnight accommodation is available at both huts.

Ascend to the Hallergehrenjoch on Trail No. 413, approx. 1 hour. Descend past the Gessenwangalm, which is not staffed, and continue to the valley station of the 8-seater gondola in Grän on Trails No. 413, 10 and 412, approx. 2 hours.

**Walking time: approx. 4½ hours**

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**Vilser Alm (1.224 m)**

Starting in Grän, take the 8-seater gondola to the Füssener Jöchle and Sonnenalm. Descend to the Vilser Alm, where overnight accommodation is available, on Trail No. 412, approx. 1½ hours.

Ascend to the Vilser Jöchle, approx. 1¾ hours. Descend to the Sebenalm, where there is no hut, and continue into the Enge valley on Trails No. 414, 40 and 411, approx. 1½ hours. Return to Grän via Lumberg, approx. ½ hour.

It is also possible to descend from the Vilser Alm to Vils, approx. ¾ hour.

**Walking time: approx. 5¼ hours**

Starting in Vils, the hike begins at the car park below the gravel quarry. From there, follow Access Road No. 412 uphill to the Vilser Alm.

Shortly before reaching the alpine pasture, a waterfall with a small reservoir offers a refreshing stop. After around 3.5 kilometres and approx. 1½ hours, the Vilser Alm is reached. Return to the valley along the forest road.

**Walking time: approx. 3 hours**

**Bad Kissinger Hütte (1.788 m)**

Starting in Grän, take the 8-seater gondola to the Füssener Jöchle and Sonnenalm. Continue via the Sebenalm, where there is no hut, to the Bad Kissinger Hütte on Trail No. 414, approx. 2½ hours.

Overnight accommodation is available.

From the hut, it is possible to reach the summit of the Aggenstein in approx. ¾ hour on Trail No. 411a. Below the summit, the trail becomes a climbing section secured with cables.

Descend from the Bad Kissinger Hütte into the Enge valley on Trail No. 411, approx. 1½ hours, and return to Grän via Lumberg, approx. ½ hour.

**Walking time: approx. 4½–6 hours**

**Meraner Steig (1.506 m)**

The starting point is the Krinnenalpe car park in Nesselwängle. From there, follow the forest road uphill to the Krinnenalpe, approx. 1½ hours.

Continue along the Meraner Steig and Trail No. 13. Descend to Rauth on the forest road, approx. 2 hours.

Return along the road, passing the Maria-Hilf Chapel and the Rauth bus stop, and continue on the circular trail to the Krinnenalpe car park in Nesselwängle, approx. ¾ hour. Alternatively, return by hiking bus.

**Walking time: approx. 4¼ hours**

**Gimpelhaus (1.659 m) – Tannheimer Hütte (1.713 m)**

Starting at the Gimpelhaus car park in Nesselwängle, follow Trail No. 415 to the Gimpelhaus, where overnight accommodation is available, approx. 2 hours.

Continue to the Tannheimer Hütte, where overnight accommodation is also available, on Trail No. 415a, approx. ¼ hour.

Continue towards the Schneetalalm on Trail No. 417, approx. 1 hour. Descend to Nesselwängle on Trails No. 416a and 416, approx. 1¼ hours.

**Walking time: approx. 5¼ hours**

**Krinnenspitze (2.000 m)**

Starting in Nesselwängle, follow the forest road to the Krinnenalpe, approx. 1½ hours. Ascend along the Alpenrosenweg to the Nesselwängler Edenalpe, approx. ¾ hour, and continue to the summit of the Krinnenspitze on Trail No. 14, approx. 1¼ hours.

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Descend along the same route or follow Trails No. 14 and 18 to the Gräner Ödenalpe. From there, return to the Nesselwängler Edenalpe and Krinnenalpe, approx. 1½ hours. Continue along the forest road to Nesselwängle, approx. 1 hour.

**Walking time: approx. 4½ hours**

## **Nesselwängler Edenalpe (1.672 m) – Gräner Ödenalpe (1.711 m)**

The tour starts at Haldensee (Lake) and initially follows Trail No. 421 through the Strindenbach Valley. Continue uphill on Trails No. 15 and 15a to the Gräner Ödenalpe, where overnight accommodation is available, approx. 2½ hours.

Follow Trail No. 16 to the Nesselwängler Edenalpe, approx. ¾ hour. The Alpenrosenweg, Trail No. 14, then leads to the Krinnenalpe, where overnight accommodation is also available.

Descend on Forest Road No. 816 and Trail No. 10, then follow the lakeside path back to the starting point, approx. 1½ hours.

**Walking time: approx. 5¼ hours**

## **Schneetalalm (1.650 m)**

Starting at the Ost car park in Nesselwängle, cross the wooden bridge and follow the signs towards the Schneetalalm on Trails No. 416, 418a and 418, approx. 1¾ hours. Overnight accommodation is available at the Schneetalalm.

Return along the same route, approx. 1½ hours.

**Walking time: approx. 3¼ hours**

## **Hahnenkamm (1.938 m)**

Starting in Nesselwängle, follow Trails No. 416, 418a and 418 to the Schneetalalm, where overnight accommodation is available, approx. 1¾ hours.

Continue uphill to the Hahnenkamm on Trail No. 418, approx. 1 hour. Descend to the mountain station of the Reuttener Seilbahn on Trail No. 418, approx. ½ hour, and continue to Höfen, approx. 2 hours. Alternatively, take the gondola down to the valley.

Bus connections from Höfen to the Tannheimer Tal are available, with a change in Weißenbach.

The bus stop in Höfen is located on the main road opposite the municipal office.

**Walking time: approx. 5½ hours**

## **Lechaschauer Alm (1.660 m)**

Take the bus to Höfen, changing in Weißenbach, and then take the Reuttener Seilbahn to the mountain station.

Continue along the Alpenrosenweg to the Lechaschauer Alm, where overnight accommodation is available. Return along the same route.

**Walking time: approx. 1½ hours**

## **Weitere Abstiegsmöglichkeiten (Other Descent Options)**

**a)** A short ascent leads to the Hochjoch below the Köllenspitze. Continue to the Tannheimer Hütte and Gimpelhaus on Trails No. 417 and 415a, approx. 2 hours. Overnight accommodation is available at both huts.

Descend to Nesselwängle on Trail No. 415, approx. 1 hour.

**Walking time: approx. 4½ hours**

**b)** Follow the route via the Tiefjoch to the Schneetalalm, where overnight accommodation is available, approx. ¾ hour.

Descend to Nesselwängle on Trails No. 416, 418a and 418, approx. 1½ hours.

**Walking time: approx. 2¾ hours**

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## Gehrenalpe (1.611 m) – Musauer Alm (1.290 m) – Bärenfalle (821 m)

Take the bus to Höfen, changing in Weißenbach, and then take the Reuttener Seilbahn to the mountain station. Follow the Alpenrosenweg past the Lechaschauer Alm, where overnight accommodation is available, and continue to the Gehrenalpe, where overnight accommodation is also available, approx. 1¼ hours.

Ascend to the Gehrenjoch and Sabachjoch on Trail No. 417a, approx. ¾ hour, then descend to the Musauer Alm on Trail No. 416, approx. 1½ hours. Overnight accommodation is available at the Musauer Alm.

Continue downhill to Bärenfalle on the forest road, approx. 2 hours. Return to Reutte by train or public bus. At Reutte railway station, change to the bus towards Höfen or the Tannheimer Tal.

**Walking time: approx. 5½ hours**

Weitere Abstiegsmöglichkeit (Alternative Descent)

Continue via the Gehrenjoch and Sabachjoch to the Tannheimer Hütte or Gimpelhaus on Trails No. 416 and 417, approx. 2 hours. Overnight accommodation is available at both huts.

Descend to Nesselwängle on Trail No. 415, approx. 1 hour.

**Walking time: approx. 3 hours**

## Schwere Wanderungen (Difficult Hikes)

### Zinken (1.613 m) – Sorgschrofen (1.638 m)

Starting in Schattwald-Rehbach, head towards the Zehrerhöfe and continue to the Zinken on Trail No. 44, approx. 2 hours. Continue to the Sorgschrofen, approx. ½ hour.

Please note: Sure-footedness and a head for heights are essential. Particular care is required in wet conditions.

Return to Rehbach along the same route, approx. 1¾ hours. Alternatively, descend to Jungholz on Trail No. 2, approx. 1½ hours.

**Walking time: approx. 4–4½ hours**

### Bscheisser (2.000 m)

Starting at the Wannenjochbahn car park in Schattwald, follow the Stuibenbach stream past the Untere Stuibenalpe, where there is no hut, and continue to the Stuibenalpe on Trail No. 75, approx. 1 hour.

Ascend to the Bscheisser on Trail No. 70, approx. 1½ hours. Descend on Trail No. 70 to Güntle and continue to the Stuibenalpe on Trail No. 74. Follow Forest Road No. 74 back to Schattwald, approx. 2½ hours.

**Walking time: approx. 5 hours**

### Bscheisser (2.000 m) – Ponten (2.045 m) – Rohnenspitze (1.990 m)

Starting at the Wannenjochbahn mountain station, follow Trails No. 75a, 75 and 70 to the Bscheisser, approx. 2 hours.

Descend to Güntle and make a short ascent to the Ponten on Trails No. 70 and 70a, approx. ¾ hour. Descend to the Zirleseck (1,872 m), approx. ½ hour, then ascend from the Zirleseck to the Rohnenspitze.

Please note: The first section is secured with cables, but sure-footedness is still essential.

Follow Trail No. 62, approx. ¾ hour. Descend into the Pontental on Trail No. 62 and continue on Forest Road No. 71 to Zöblen, or take Trails No. 72 and 73 to Schattwald, approx. 2 hours.

**Walking time: approx. 6 hours**

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## Weitere Abstiegsmöglichkeiten (Alternative Descent Options)

- a)** Descend via the Zirleseck and Güntle to the Stuibenalpe on Trail No. 74. Continue along the Stuibenbach stream to Schattwald on Trail No. 75, approx. 2 hours. Alternatively, descend to Zöblen on Forest Road No. 71, approx. 2 hours. **Walking time: approx. 6 hours**
- b)** From the Zirleseck, follow Trail No. 71 through the Pontental and continue to Zöblen on Forest Road No. 71, approx. 2 hours. Alternatively, follow Trails No. 72 and 73 to Schattwald, approx. 2 hours. **Walking time: approx. 6 hours**
- c)** From the Zirleseck, descend to Älpele on Trails No. 59a and 59, then continue to Tannheim on Forest Road No. 59, approx. 2 hours. Return to Schattwald on Circular Trail No. 1, approx. 1 hour, or take the hiking bus. **Walking time: approx. 6¾ hours**

## Gaishorn (2.249 m)

Starting in Zöblen-Katzensteig, follow Trail No. 72 towards the Pontental. Ascend to the Zirleseck on Trails No. 61 and 71, approx. 2½ hours.

From the Zirleseck, first cross grassy slopes to the Zerrerköpfle, then continue over rocks and ridges to the Gaishorn on Trail No. 57, approx. 1½ hours.

Please note: This route is suitable only for experienced mountaineers. Some sections are secured with cables. Sure-footedness and a head for heights are essential.

Walking time to the summit: approx. 3½ hours

## Abstiegsmöglichkeiten (Descent Options)

- a)** Follow Trails No. 58, 59 and 60 to the Feldalpe and Untere Rossalpe, where there are no huts, and continue to Tannheim. **Walking time: approx. 6½ hours**
- b)** Follow Trails No. 58 and 59 via Älpele to Tannheim.
- c)** Follow Trails No. 56, 423 and 424 to Vilsalpsee (Lake) and continue to Tannheim.

Alternatively, starting at the sports ground in Tannheim, ascend via the Untere Rossalpe, which is not staffed, on Trails No. 60 and 59 to the Feldalpe, where there is no hut, approx. 2 hours. Continue to the Gaishorn on Trail No. 58, approx. 1 hour. Descend via Älpele as described above or return along the ascent route, approx. 2½ hours. **Walking time: approx. 6½ hours**

## Rote Spitze (2.130 m)

Starting at the Landsberger Hütte, see page 24, follow Trail No. 421 to the Kastenjoch and continue to the Rote Spitze on Trail No. 421a, approx. 1 hour.

Return to the hut along the same route. **Walking time: approx. 1¾ hours**

## Steinkarspitze (2.015 m)

Starting at the Landsberger Hütte, see page 24, follow the Saalfelder Höhenweg, Trail No. 421, to the Kastenjoch and continue to the Steinkarspitze. The route includes a climbing section, approx. 1 hour.

Descend to the Steinkarjoch and return to the hut on Trails No. 425 and 421. **Walking time: approx. 1¾ hours**

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**Lachenspitze (2.126 m)**

Starting at the Landsberger Hütte, see page 24, follow Trail No. 421 below the Steinkarspitze and continue to the Steinkarjoch on Trail No. 425. From there, follow Trail No. 50 to the Lachenspitze, approx. 1¼ hours. Return to the hut along the same route, approx. 1 hour.

Alternatively, descend on Trail No. 50 to the Lachenjoch and return to the Landsberger Hütte, approx. 1½ hours.

Please note: Sure-footedness and a head for heights are essential for this alternative route.

**Walking time: approx. 2–3 hours**

**Ponten (2.045 m)**

Starting in Tannheim, follow Forest Road No. 59 towards Älpele, approx. 1½ hours. Continue to the Zirleseck on Trails No. 59 and 59a, approx. 1 hour.

From the Zirleseck, ascend to the Ponten on Trails No. 70 and 70a, approx. 1 hour. Descend along the same route. Walking time: approx. 4 hours

**Abstiegsmöglichkeiten (Descent Options)**

**a)** Descend via Güntle to the Stuibenalpe on Trail No. 74, approx. 1 hour. Continue to Schattwald along the Stuibenbach stream on Trail No. 75 or Forest Road No. 74, approx. 1 hour.

**Walking time: approx. 5½ hours**

**b)** Descend via Güntle to the Stuibenalpe on Trail No. 74 and continue to Zöblen on Forest Roads No. 74 and 71, approx. 1½ hours.

Return to Tannheim on Circular Trail No. 1, approx. 1 hour, or take the hiking bus.

**Walking time: approx. 6 hours**

**Läuferspitze (1.956 m)**

Starting at the Sonnenalm mountain station at Füssener Jöchle, ascend to the Läuferspitze, approx. ¾ hour.

**Please note: Some sections are secured with cables. Sure-footedness and a head for heights are therefore essential.**

Return to Füssener Jöchle along the same route.

**Walking time: approx. 1¼ hours**

**Aggenstein (1.986 m)**

Starting at the Grän-Enge car park, follow Trail No. 411 to the Bad Kissinger Hütte, where overnight accommodation is available, approx. 2¼ hours.

Continue to the Aggenstein on Trail No. 411a, approx. ¾ hour.

**Please note: Some sections are secured with cables. Sure-footedness and a head for heights are essential. Particular care is required in wet conditions.**

Return to the Bad Kissinger Hütte car park along the same route, approx. 2½ hours.

**Walking time: approx. 5½ hours**

**Litnis (2.068 m)**

Starting at the Gräner Ödenalpe, see page 28, follow Trail No. 16 to the Litnis, approx. 1¼ hours.

Return to the Gräner Ödenalpe along the same route.

**Walking time: approx. 2½ hours**

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## Krinnenspitze (2.000 m)

Starting at the mountain station of the Krinnenalplift, which is currently not in operation, ascend to the Krinnenspitze via the Gamsbocksteig on Trail No. 19, approx. 1½ hours.

Please note: Sure-footedness and a head for heights are essential.

### Abstiegsmöglichkeiten (Descent Options)

**a)** Descend to the Nesselwängler Edenalpe on Trail No. 14, approx. ¾ hour. Continue on Trail No. 15 towards Haldensee (Lake), approx. 2½ hours. **Walking time: approx. 4½ hours**

**b)** Descend to the Nesselwängler Edenalpe on Trail No. 14, approx. ¾ hour. Continue along the Alpenrosenweg to the Krinnenalpe and descend to Nesselwängle on the forest road, approx. 2 hours. **Walking time: approx. 4 hours**

**c)** Descend to the Gräner Ödenalpe on Trails No. 14 and 18, approx. ¾ hour. From there, continue as described in descent options a or b. **Walking time: approx. 4¾–5½ hours**

**d)** Descend to Rauth via the Enziansteig on Trail No. 23, approx. 2 hours. Return to the lift car park on the circular trail, approx. 1 hour, or take the hiking bus back to Nesselwängle. **Walking time: approx. 4–4½ hours**

## Gaichtspitze (1.986 m)

Starting in Gaicht, ascend across steep mountain meadows to the Gaichtspitze on Trails No. 47a and 47, approx. 2¾ hours.

Descend via the Hahnenkamm to the Schneetalalm and continue to Nesselwängle, approx. 2 hours. **Walking time: approx. 4¾ hours**

## Rote Flüh (2.111 m)

Starting at the Gimpelhaus car park in Nesselwängle, ascend to the Gimpelhaus and continue via the Judenscharte to the Rote Flüh on Trails No. 415 and 417, approx. 4 hours.

**Please note: Some sections are secured with cables. Sure-footedness and a head for heights are essential. Particular care is required in wet conditions.**

Descend along the same route via the Gimpelhaus or Tannheimer Hütte, where overnight accommodation is available at both huts, and continue to Nesselwängle, approx. 2½ hours. **Walking time: approx. 6½ hours**

## Sehr schwierige Bergtouren (Very Difficult Mountain Tours)

### Only for experienced and well-trained mountaineers

## Schartschrofen (1.968 m) – Rote Flüh (2.111 m)

Starting at the Füssener Jöchle mountain station, continue via the Raintaler Joch and Hallergehnenjoch to the Schartschrofen, approx. 1½ hours.

Please note: The Friedberger Klettersteig is a secured via ferrata. Sure-footedness and a head for heights are essential. There is a risk of falling rocks. This route is suitable only for experienced mountaineers. A via ferrata set and rockfall helmet are required.

Continue to the Rote Flüh, approx. 1 hour. Descend via the Judenscharte to the Gimpelhaus or Tannheimer Hütte on Trails No. 417 and 415. Overnight accommodation is available at both huts.

Continue to Nesselwängle on Trail No. 415, approx. 1 hour. **Walking time: approx. 4½ hours**

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## Gimpel (2.176 m)

Starting at the Gimpelhaus car park in Nesselwängle, ascend to the Gimpelhaus and continue to the Gimpel.

Please note: This is a difficult mountain tour suitable only for experienced mountaineers. Sure-footedness and a head for heights are essential. Particular care is required in wet conditions, and there is a risk of falling rocks. A rockfall helmet is recommended.

Follow Trails No. 415 and 417, approx. 3½–4 hours. Descend along the same route via the Gimpelhaus or Tannheimer Hütte, where overnight accommodation is available at both huts, and continue to Nesselwängle, approx. 2½ hours.

**Walking time: approx. 6 hours**

## Rauhorn (2.241 m) – Kugelhorn (2.126 m)

Starting at Vilsalpsee (Lake) in Tannheim, head towards Geißbeck. Traverse the Rauhorn over rocks and ridges to the summit and continue to the Hintere Schafwanne on Trail No. 423a, approx. 3½ hours.

Please note: This route is suitable only for experienced and well-trained mountaineers. Sure-footedness and a head for heights are essential.

From the Hintere Schafwanne, continue across the Kugelhorn and Knappenkopf to the Kirchdachsattel. No trail number is known for this rarely used route. Walking time: approx. 1½ hours.

Continue above Schrecksee on the Jubiläumsweg, Trail No. 423, and the Saalfelder Höhenweg, Trail No. 421, to the Landsberger Hütte, approx. 2½ hours.

Descend to Vilsalpsee (Lake), approx. 2 hours.

**Walking time: approx. 7–8 hours**

## Gehrenspitze (2.163 m)

Starting at the Gimpelhaus, see page 26, continue towards the Hahnenkamm via the Sabachjoch and Gehrenjoch on Trail No. 417, approx. 2 hours.

Ascend over rocks and ridges to the Gehrenspitze on Trail No. 417a, approx. 1½ hours.

**Please note: This route is suitable only for experienced and well-trained mountaineers. Sure-footedness and a head for heights are essential.**

Descend along the same trail to the Gehrenjoch and continue to the Gehrenalpe on Trail No. 417a, approx. 1½ hours. Follow the Alpenrosenweg to the Lechaschauer Alm and Schneetalalm, approx. 1 hour. Overnight accommodation is available at both huts.

Descend to Nesselwängle on Trails No. 418, 418a and 416, approx. 1½ hours.

**Walking time: approx. 7½ hours**

## Lailachspitze (2.274 m)

Starting at the Neunerköpfle mountain station in Tannheim, follow Trails No. 31 and 30 to the Obere Strindenalpe. Continue via the Strindenscharte, Gappenfeldscharte, Schochenscharte and Lachenjoch on the Saalfelder Höhenweg, Trail No. 421, approx. 3 hours.

Continue to the Krottenjoch on Trail No. 50. Pass below the Krottenkopf and ascend over rocks and ridges to the Lailachspitze on Trail No. 52, approx. 2½ hours.

Please note: This route is suitable only for experienced and well-trained mountaineers. Sure-footedness and a head for heights are essential. The rock is very loose and unstable.

Descend to Weißenbach on Trails No. 52 and 49, approx. 3 hours. Alternatively, descend into the Birkental on Trails No. 52 and 52a and continue to Rauth on Trail No. 426, approx. 3 hours.

**Walking time: approx. 8½ hours**

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## Köllenspitze (2.238 m)

Starting at the Gimpelhaus, see page 26, ascend to the Nesselwängler Scharte on Trail No. 415, approx. 1½ hours. Continue to the Köllenspitze on Trail No. 419, approx. 1¼ hours.

Please note: This route is suitable only for experienced and well-trained mountaineers. Sure-footedness and a head for heights are essential.

Descend along the same route to the Gimpelhaus or Tannheimer Hütte, approx. 2½ hours.

Alternatively, descend from the Nesselwängler Scharte to the Füssener Hütte, Otto-Mayr-Hütte or Musauer Alm on Trail No. 415. This descent is very steep and takes approx. 2 hours. Overnight accommodation is available at all huts.

**Walking time: approx. 6–7 hours**

## Mehrtagestouren (Multi-Day Tours)

### Tannheim (1.097 m) – Landsberger Hütte (1.805 m) – Schrecksee (1.813 m) – Vilsalpsee (Lake) (1.165 m)

Ascend to the Landsberger Hütte, see page 24, and stay overnight.

The following day, continue to the Kastenjoch on the Saalfelder Höhenweg, Trail No. 421. From there, follow Trail No. 54 to the Kirchdachsattel. Continue above Schrecksee on the Jubiläumsweg, Trail No. 423, passing below the Kugelhorn to the Hintere Schafwanne.

The route then leads below the Rauhhorn towards the Geißeckjoch on the Jubiläumsweg, Trail No. 423. Below the Geißeckjoch, descend to the Vilsalpe at Vilsalpsee (Lake) on Trail No. 424, approx. 5 hours.

Return to Tannheim on foot, approx. 1½ hours. Alternatively, take the bus, which is subject to a charge even with a guest card, the Tannheimer Alpen-Express, which is also subject to a charge, or a horse-drawn carriage, available by advance booking only, from Vilsalpsee (Lake) to Tannheim.

**Walking time from Tannheim to the Landsberger Hütte: approx. 3 hours**

**Walking time from the Landsberger Hütte via Schrecksee to Tannheim: approx. 6½ hours**

### Nesselwängle/Rauth (1.140 m) – Landsberger Hütte (1.805 m) – Vilsalpsee (Lake) (1.165 m)

Starting in Rauth near Nesselwängle, follow the Dillinger Weg, Trail No. 426, through the Birkental to the Landsberger Hütte, approx. 5 hours, and stay overnight.

Descend via the Obere Traualpe on Trails No. 425 and 55 to Vilsalpsee (Lake), approx. 2 hours.

Continue to Tannheim, approx. 1 hour.

Alternatively, take the bus, which is subject to a charge even with a guest card, the Tannheimer Alpen-Express, which is also subject to a charge, or a horse-drawn carriage, available by advance booking only, from Vilsalpsee (Lake) to Tannheim.

The walk from Tannheim to Nesselwängle on Circular Trail No. 1 takes approx. 2 hours.

**Walking time from Rauth to the Landsberger Hütte: approx. 5 hours**

**Walking time from the Landsberger Hütte to Nesselwängle: approx. 5 hours**

### Grän/Haldensee (1.124 m) – Landsberger Hütte (1.805 m) – Prinz-Luitpold-Haus (1.846 m) – Giebelhaus (1.060 m)

Starting at Haldensee (Lake), pass the Edenbachalm and continue towards the Obere Strindenalpe, then onwards to the Gappenfeldalm and Landsberger Hütte, approx. 4 hours.

Overnight accommodation is available at the Landsberger Hütte.

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Continue along the Saalfelder Höhenweg on Trail No. 421 to the Lahnerscharte and Bockkarscharte, then descend to the Prinz-Luitpold-Haus, approx. 5 hours. Overnight accommodation is available.

An ascent of the Hochvogel is possible but is suitable only for experienced mountaineers. Return to the Prinz-Luitpold-Haus, approx. 4½ hours.

Descend to the Giebelhaus on Trail No. 427, approx. 2½ hours. Bus connections are available via Hinterstein, Bad Hindelang and Oberjoch to the Tannheimer Tal.

**Walking time from Haldensee (Lake) to the Landsberger Hütte: approx. 4 hours**

**Walking time from the Landsberger Hütte to the Prinz-Luitpold-Haus: approx. 5 hours**

**Walking time from the Prinz-Luitpold-Haus to the Giebelhaus: approx. 2½ hours**

## Höfen (868 m) – Hahnenkamm (1.938 m) – Gimpelhaus (1.659 m) – Bad Kissinger Hütte (1.788 m) – Grän (1.138 m)

Starting in Höfen, ascend on foot or take the cable car. The walking route leads through the Alpenblumengarten on Trail No. 418, approx. 2½ hours, and continues to the Hahnenkamm, approx. ¾ hour.

Follow Trail No. 418 to the Tiefjoch, passing either the Schneetalalm or the Hochjoch. Continue on Trails No. 417 and 415a to the Tannheimer Hütte and Gimpelhaus, approx. 2½ hours. Overnight accommodation is available at both huts.

Continue to the Rote Flüh on Trails No. 415 and 417, then follow the Friedberger Klettersteig.\* Please note: This route is suitable only for experienced mountaineers. Sure-footedness and a head for heights are essential. There is a risk of falling rocks. A via ferrata set and rockfall helmet are recommended.

Continue via the Hallergehrenjoch and along the foot of the Läuferspitze to the Sonnenalm at the Füssener Jöchle mountain station, approx. 4 hours.

Follow the Gräner Höhenweg, Trail No. 414, to the Bad Kissinger Hütte, approx. 2½ hours.

Overnight accommodation is available.

Descend into the Enge valley on Trail No. 411, approx. 1½ hours, then continue via Lumberg to Grän, approx. ½ hour.

\* The via ferrata can be bypassed via the Nesselwängler Scharte. This route is very steep and includes sections secured with cables. Follow Trail No. 415 to the Otto-Mayr-Hütte or Füssener Hütte, where overnight accommodation is available at both huts. Continue to the Raintaler Jöchle and Füssener Jöchle, approx. 3½ hours.

**Walking time from Höfen via the Hahnenkamm to the Gimpelhaus or Tannheimer Hütte: approx. 5¾ hours**

**Walking time from the Gimpelhaus or Tannheimer Hütte via the Bad Kissinger Hütte to Grän: approx. 8 hours**

## Pfronten (882 m) – Bad Kissinger Hütte (1.788 m) – Füssener Jöchle (1.818 m) – Füssener Hütte (1.550 m) – Otto-Mayr-Hütte (1.530 m) – Musau (821 m)

Starting in Pfronten-Steinach, ascend to the Breitenberg and continue to the Bad Kissinger Hütte on Trail No. 411, approx. 4½ hours. Overnight accommodation is available. Alternatively, take the gondola up the mountain.

Continue along the Gräner Höhenweg, Trail No. 414, to the Füssener Jöchle, approx. 2½ hours.

From there, continue via the Raintaler Joch to the Füssener Hütte and Otto-Mayr-Hütte on Trail No. 413, approx. 1½ hours. Overnight accommodation is available at both huts.

The following day, descend via the Musauer Alm to Musau, approx. 3 hours. Bus connections to the Tannheimer Tal are available.

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Alternatively, ascend steeply from the Otto-Mayr-Hütte to the Nesselwängler Scharte on Trail No. 415, approx. 2¾ hours. Sections of the route are secured with cables. Descend to the Tannheimer Hütte or Gimpelhaus on Trail No. 415, approx. ¾ hour. Overnight accommodation is available at both huts.

Continue downhill to Nesselwängle on Trail No. 415, approx. 1½ hours.

**Walking time from Pfronten to the Bad Kissinger Hütte: approx. 4½ hours**

**Walking time from the Bad Kissinger Hütte to the Füssener Hütte or Otto-Mayr-Hütte: approx. 4 hours**

**Walking time from the Füssener Hütte or Otto-Mayr-Hütte via the Tannheimer Hütte or Gimpelhaus to Nesselwängle: approx. 4½ hours**

## Klettervorschläge (Climbing Routes)

### Läuferspitze (1.956 m)

**Talort (Valley location):** Grän (1.138 m), Füssener Jöchle (1.821 m)

**Wandhöhe (Wall height):** 40 m | **Schwierigkeit (Difficulty):** 4–8

### Rote Flüh (2.111 m) – Südwand Hochwiesler (Hochwiesler South Face)

**Talort (Valley location):** Nesselwängle (1.136 m)

**Stützpunkte (Mountain huts):** Gimpelhaus (1.659 m), Tannheimer Hütte (1.760 m)

**Wandhöhe (Wall height):** 170–240 m | **Schwierigkeit (Difficulty):** 5–9

### Gimpel (2,176 m) – Südwand (South Face)

**Talort (Valley location):** Nesselwängle (1.136 m)

**Stützpunkte (Mountain huts):** Gimpelhaus (1.659 m), Tannheimer Hütte (1.760 m)

**Wandhöhe (Wall height):** 80–200 m | **Schwierigkeit (Difficulty):** 4–8

### Gimpel (2,176 m) – Nordwand (North Face)

**Talorte (Valley locations):** Grän (1.138 m), Füssener Jöchle (1.821 m), Musau (830 m)

**Stützpunkte (Mountain huts):** Füssener Hütte (1.550 m), Otto-Mayr-Hütte (1.530 m)

**Wandhöhe (Wall height):** 420–600 m | **Schwierigkeit (Difficulty):** 6+–9

### Köllenspitze (2,238 m)

**Talort (Valley location):** Nesselwängle (1.136 m)

**Stützpunkte (Mountain huts):** Gimpelhaus (1.659 m), Tannheimer Hütte (1.760 m)

**Wandhöhe (Wall height):** 350–700 m | **Schwierigkeit (Difficulty):** 4–7

### Gehrenspitze (2,163 m)

**Talort (Valley location):** Höfen (868 m)

**Stützpunkt (Mountain hut):** Gehrenalm (1.611 m)

**Wandhöhe (Wall height):** 90–170 m | **Schwierigkeit (Difficulty):** 3–6

**Klettersteige (Via Ferratas)**

### Friedberger Klettersteig (Friedberger Via Ferrata)

# TANN HEIMER TAL\*

**Talort (Valley location):** Grän (1.138 m)

**Stützpunkte (Mountain huts):** Gimpelhaus (1.659 m), Tannheimer Hütte (1.760 m)

**Schwierigkeit (Difficulty):** B/C | **Dauer (Duration):** 5½ hours | **Länge (Distance):** 6.3 km

**Klettersteig Lachenspitz Nordwand (Lachenspitz North Face Via Ferrata)**

**Talort (Valley location):** Tannheim (1.097 m)

**Stützpunkt (Mountain hut):** Landsberger Hütte (1.810 m)

**Schwierigkeit (Difficulty):** C/D | **Dauer (Duration):** 3¾ hours | **Länge (Distance):** 2,4 km

**Klettersteig Südsporn Köllenspitze (Köllenspitze South Spur Via Ferrata)**

**Talort (Valley location):** Nesselwängle (1.136 m)

**Stützpunkte (Mountain huts):** Gimpelhaus (1.659 m), Tannheimer Hütte (1.760 m)

**Schwierigkeit (Difficulty):** D | **Dauer (Duration):** 7 hours | **Länge (Distance):** 8,9 km

**Edelrid Klettersteig (Edelrid Via Ferrata)**

**Talort (Valley location):** Oberjoch (1.136 m)

**Stützpunkt (Mountain hut):** Iseler-Platz-Hütte (1.600 m)

**Schwierigkeit (Difficulty):** B/C | **Dauer (Duration):** 5½ hours | **Länge (Distance):** 2,6 km

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## Jungholz

Jungholz has a unique geographical feature: although it is an Austrian enclave, it is both “Tyrol’s only alpine herb village” and an “Allgäu herb village”. Visitors and locals are welcomed by the herb gateway at the entrance to Jungholz. Numerous herb gardens, herb spirals and spiral-shaped herb beds enhance the appearance of the village.

### Buchstabenweg (Letter Trail)

The trail starts at the Jungholz lift car park. The individual letters of the village name are displayed at various locations throughout the village. A wide variety of materials were used to create the letters, reflecting the individual styles of the artists.

For a detailed map, please refer to the village map and the Buchstabenweg flyer.

**Walking time: approx. 1½ hours**

### Von Jungholz (1.054 m) nach Unterjoch (1.013 m)

#### (From Jungholz to Unterjoch)

Starting in the centre of Jungholz, follow the road towards Pfeiffermühle. At the edge of the village, by the trail information board, pass the ski lift garage on the left and continue gently downhill along the edge of the forest to Sorgalpe 1. Continue from there to Sorgalpe 2 and follow the forest road to Unterjoch.

**Walking time: approx. 1 hour**

### Rundweg Sorgalpe (Sorgalpe Circular Trail) (1.025 m)

Starting at the large lift car park, head towards Pfeiffermühle and the edge of the village. Pass the ski lift garages and continue towards Älpele.

After around 20 minutes, turn right and follow the signs for the short Sorgalpe Circular Trail.

Continue via Sorgalpe 2 and Sorgalpe 1 on Trails No. 2 and 3 back to Jungholz.

**Walking time: approx. 1–1½ hours**

# TANN HEIMER TAL\*

**Alpe Stubental (1.284 m)**

Starting in the Langenschwand district, follow the signs along the paved road to the Alpe Stubental on Trail No. 9, approx. 1 hour.

Return to the starting point along the same route.

**Walking time: approx. 2 hours**

**Panoramablick (Panoramic View)**

The starting point is the centre of Jungholz by the church. Walk through the village towards Felsenbad. Cross the access road there and continue towards Pfeiffermühle. Turn left onto the access road and return to the village centre.

**Walking time: approx. ½ hour**

**Höhenweg (Panoramaweg)****(High-Level Panoramic Trail)**

Starting in the village centre, head towards the Langenschwand district. Cross the road and follow the access track to the Höhenweg.

The trail leads high above Jungholz, gently downhill past the Moorweiher and into the Gießenschwand district. Return to the village centre along the access road.

**Walking time: approx. 1½ hours**

**Jungholzer Rundweg (Jungholz Circular Trail)**

Starting in the village centre, follow the road towards Pfeiffermühle to the edge of the village, then turn left towards Sorgalpe.

After around 300 metres, turn right and continue to the main road. Cross the road and follow the route above the River Wertach to the campsite in the Habsbichl district.

Continue to the inn, cross the road and head towards the swimming pool. From there, either continue directly to the village centre or turn left and follow the signs towards Gießenschwand.

**Walking time: approx. 1–1½ hours**

**Edelsberg (1.629 m)**

Starting at the Langenschwand car park, head towards the Alpe Stubental, where refreshments are available.

Shortly before reaching the alpine pasture, turn right onto Trail No. 9. Continue to the uppermost ridge on Trail No. 50 and then to the summit.

Return to the starting point along the same route.

**Walking time: approx. 2½ hours**

**Reuter Wanne (1.541 m)**

Starting at the Langenschwand car park, turn right at the chapel and follow Trails No. 39 and 7 past the Moorweiher.

Turn right onto Trail No. 60 towards the Untere Reuterwanne. Continue to the summit on Trails No. 6 and 60.

Descend via the Obere Alpe Reuterwanne and follow a forest road back to the Alpe Stubental, where refreshments are available. From there, return to the starting point.

**Walking time: approx. 3½ hours**

# TANN HEIMER TAL\*

## Rund um den Sorgschrofen (Around the Sorgschrofen)

The starting point is the large lift car park in the centre of Jungholz. From there, head towards the Langenschwand district.

Follow Trail No. 8 to the Scheidbachalpe in the Vils Valley, which is not staffed. Continue past the Kalbelehofalpe and make a short, steep ascent to Rehbach.

From Rehbach, turn right and follow a short ascent to Unterjoch. From Unterjoch, the route leads past the Sorgalpen and back to Jungholz.

**Walking time: approx. 4–5 hours**

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## Wichtige Infos (Important Information)

### Wanderpass und Wandernadel (Hiking Pass and Hiking Pin)

Collect eight stamps to receive a gold hiking pin, four stamps for a silver pin and two stamps for a bronze pin. The hiking pass (for free) and hiking pins are available for (fee applies) at all local tourist information offices.

### Wanderkarten (Hiking Maps)

Hiking maps are available for 8.90 € at all local tourist information offices.

### Verhaltensregeln – SOS-Notfall-App (Safety Guidelines – SOS Emergency App)

#### Emergency notification in the event of an alpine accident

1. Emergency app
2. Alpine emergency number: **140**
3. European emergency number: **112**

**No mobile signal?** An emergency call cannot be made without network coverage. Move to a location with better reception and repeatedly dial **112**.

To access any available mobile network, switch on your phone and enter **112** instead of your PIN code.

When reporting an emergency, provide the following information:

- Where exactly did the accident occur?
- Who is reporting the accident, and what is the callback number?
- What happened?
- How many people are injured?

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**This brochure has been translated with the utmost care.**

**We kindly ask for your understanding regarding any possible errors or inaccuracies.**